

[Manuals.plus](#) /

› [Superun](#) /

› SuperRun Walking Pad BA07 User Manual: Under Desk Treadmill with Auto-Incline and App Control

Superun BA07

SuperRun Walking Pad BA07 User Manual

Model: BA07

1. INTRODUCTION

Thank you for choosing the SuperRun Walking Pad BA07. This manual provides essential information for the safe and effective use of your new walking pad. Please read it thoroughly before operation and retain it for future reference.

1.1 Safety Information

Important Safety Instructions:

- Always consult a physician before starting any new exercise program.
- Read all instructions in this manual before using the walking pad.
- Keep children and pets away from the equipment during operation.
- Place the walking pad on a flat, stable surface with adequate clearance around it.
- Wear appropriate athletic footwear during use.
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- Ensure the power cord is not damaged or placed under the unit.
- Unplug the walking pad from the power outlet when not in use or before cleaning/maintenance.



Image 1.1: The SuperRun Walking Pad BA07 in operation, demonstrating its compact design and auto-incline feature. A user is shown walking on the pad, which features an LED display and is controlled by a remote.

2. PACKAGE CONTENTS

Verify that all components are present in the package:

- SuperRun Walking Pad BA07
- Power Cord
- Remote Control
- Tool Kit (may include lubricant, wrench)
- User Manual (this document)

3. SETUP

3.1 Unpacking and Placement

1. Carefully remove the walking pad and all accessories from the packaging.
2. Place the walking pad on a firm, level surface. Ensure there is at least 2 feet (60 cm) of clear space behind the unit and 1 foot (30 cm) on each side for safe operation.
3. Inspect the unit for any damage incurred during shipping. If damage is found, contact customer support immediately.

3.2 Power Connection

1. Locate the power input port on the walking pad.
2. Connect the power cord to the walking pad and then plug it into a grounded electrical outlet.

3.3 Initial Activation and Remote Control

Upon first use, the walking pad may require activation. Refer to the PitPat app section for full functionality. The remote control is typically pre-paired. If not, follow the instructions provided with the remote or in the PitPat app.

Fits Perfectly in Any Corner No More Space Hassles

Easy to Move with Wheels



Image 3.1: The SuperRun Walking Pad BA07 demonstrating its space-saving design, shown being stored vertically against a wall and horizontally under a couch. This highlights its portability and compact footprint.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

To power on the walking pad, ensure it is plugged in and press the 'ON' button on the remote control. To power off, press the 'OFF' button on the remote control.

4.2 Exercise Modes

The SuperRun Walking Pad BA07 offers multiple modes to suit your fitness needs:

- **Working Mode:** Speed range 0.6 - 1.5 MPH (1.0 - 2.4 km/h). Ideal for light activity while working or performing other tasks.
- **Walking Mode:** Speed range 0.6 - 2.5 MPH (1.0 - 4.0 km/h). Suitable for a brisk walk.

- **Running Mode:** Speed range 2.5 - 3.8 MPH (4.0 - 6.1 km/h). For light jogging.

3-in-1 Walking Pad



Image 4.1: The SuperRun Walking Pad BA07 illustrating its three primary modes: Working Mode (0.6-1.5 MPH), Walking Mode (0.6-2.5 MPH), and Running Mode (2.5-3.8 MPH), demonstrating versatility for various activities.

4.3 Auto-Incline Adjustment

The walking pad features an auto-incline function, adjustable from 0% to 9%. Use the incline controls on the remote to increase or decrease the incline level during your workout. This feature allows for varied intensity and muscle engagement.

4.4 Remote Control

The included remote control allows you to manage all primary functions of the walking pad:

- **ON/OFF:** Power the unit on or off.
- **Speed +/-:** Adjust the walking/jogging speed.
- **Incline +/-:** Adjust the incline level.

- **Mode:** Switch between preset programs or modes (if applicable).

4.5 LED Display

The integrated LED display provides real-time workout data:

- **Time:** Duration of your workout.
- **Calories:** Estimated calories burned.
- **Incline:** Current incline percentage.
- **Speed:** Current speed in MPH.
- **Distance:** Total distance covered.
- **Step:** Number of steps taken.



Image 4.2: Close-up view of the SuperRun Walking Pad BA07's LED display, showing various metrics like time, calories, incline, speed, distance, and steps. The remote control is also visible, indicating smart control capabilities.

4.6 PitPat App Integration

Enhance your workout experience by connecting your SuperRun Walking Pad BA07 to the PitPat app:

1. Download the PitPat app from your device's app store (App Store for iOS, Google Play for Android).
2. Follow the in-app instructions to pair your walking pad via Bluetooth.
3. The app provides access to expert-designed programs, virtual environments, and engaging challenges to make your fitness journey more interactive.



Image 4.3: A user operating the SuperRun Walking Pad BA07 while viewing the PitPat app on a smartphone and a larger screen, demonstrating the integrated smart features and interactive workout experience.

5. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your walking pad.

5.1 Cleaning

- Wipe down the walking pad with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these can damage the surface.

5.2 Belt Lubrication

The running belt requires periodic lubrication to reduce friction and extend its lifespan. Refer to the specific instructions in your tool kit or contact customer support for guidance on the correct lubricant and application frequency. Generally, lubrication is recommended every 3-6 months depending on usage.

5.3 Belt Adjustment

If the running belt feels loose or shifts to one side, it may need adjustment. Consult the detailed instructions in your tool kit or contact customer support for proper belt tensioning and centering procedures.

6. TROUBLESHOOTING

If you encounter issues with your SuperRun Walking Pad BA07, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Walking pad does not power on.	Power cord not connected; outlet issue; remote battery low.	Ensure power cord is securely plugged in. Test outlet with another device. Replace remote control batteries.
Belt stops or slips during use.	Belt too loose; insufficient lubrication; motor overload.	Adjust belt tension (refer to maintenance). Lubricate the belt. Reduce user weight or speed.
Unusual noise from the unit.	Loose components; belt misalignment; motor issue.	Check for loose screws. Adjust belt alignment. If noise persists, contact customer support.
Remote control not responding.	Low battery; remote not paired.	Replace remote batteries. Refer to initial setup or PitPat app for pairing instructions.
PitPat app not connecting.	Bluetooth off; app permissions; walking pad not active.	Ensure Bluetooth is enabled on your device. Grant necessary app permissions. Power on the walking pad.

For issues not listed here or if solutions do not resolve the problem, please contact SuperRun customer support.

7. SPECIFICATIONS

Detailed specifications for the SuperRun Walking Pad BA07:

Feature	Specification
Model Number	BA07
Color	Black
Product Dimensions (L x W x H)	132.08 x 48.26 x 17.78 cm (52 x 19 x 7 inches)
Item Weight	23.4 kg (51.59 lbs)
Frame Material	Alloy Steel

Feature	Specification
Horsepower	3.8 HP (Peak)
Maximum Speed	3.8 MPH (6.1 km/h)
Auto-Incline Range	0% - 9%
Display Type	LCD
Display Metrics	Time, Calories Burned, Incline, Speed, Distance, Steps
Maximum User Capacity	300 lbs (136 kg)
Power Source	Corded Electric
Special Features	Auto Incline, Compact Design, Shock Absorbent, Wheeled
Running Belt Layers	5-layer non-slip
Shock Absorption	8 silicone absorbers, 4 anti-vibration rubber pads

300LBS Capacity & 8 Shock Absorbers



Capacity
300LBS



Absorbers
8 Shock



Rubber Pads
4 Anti-vibration



Running Belt
5 Layers Non



Image 7.1: Visual representation of the SupeRun Walking Pad BA07's robust construction, emphasizing its 300 lbs capacity, 8 shock absorbers, 4 anti-vibration rubber pads, and 5-layer running belt for enhanced durability and comfort.

8. WARRANTY AND SUPPORT

SupeRun is committed to providing quality products and excellent customer service. Your SupeRun Walking Pad BA07 comes with dedicated expert support.

If you have any questions, require assistance with setup, operation, maintenance, or encounter any issues with your product, please do not hesitate to contact our customer support team. Our experts are available to provide personalized guidance before and after your purchase.

Please refer to your purchase documentation or the official SupeRun website for specific warranty terms and contact information.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

Open the live page

<https://manuals.plus/asin/B0FG815WNW>

More documents and user manuals: <https://manuals.plus/>